

Mon

Tue

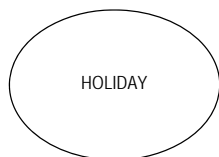
Wed

**NUTRITION PROGRAM** - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

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6

11:45 LUNCH MENU  
*Oven Roasted Chicken Breast w/ Mushroom Gravy*  
Brown Rice  
Sautéed Fresh Broccoli, Cauliflower & Carrots  
Oven Browned Potatoes  
Peaches  
Orange  
1:00 Movie, It's Complicated

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10:30 Line Dancing, lunch room  
11:45 LUNCH MENU  
*Beef Stuffed Bell Pepper*  
Hard Boiled Egg  
Marinara Noodles w/ Garlic & Fresh Basil  
Italian Blend Vegetables  
Fresh Fruit  
12:45 Bingo, lunch room

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10:30 Dancing, lunch room  
11:45 LUNCH MENU  
*Chicken & Cheese Enchiladas*  
Mexicali Corn w/ Bell Pepper  
Low-Sodium 100% Vegetable Juice  
Fresh Fruit  
Tapioca Pudding

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8:30 HICAP  
9:15 Eyeglass Repair  
10:30 Book Club  
11:00 Rebuilding Peninsula speaker, Social Hall  
11:45 LUNCH MENU: *Beef Stew*  
Whole Grain Bread, Garden Salad  
Cantaloupe  
1:00 Movie, Coco before Chanel  
2:00 Hearing Screening

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10:30 Line Dancing, lunch room  
11:45 LUNCH MENU  
*Mediterranean Fish*  
Brown Rice Pilaf  
Broccoli & Cauliflower  
Carrot Raisin Salad  
Apricot  
12:45 Bingo, lunch room

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10:00 Fashion Show  
10:30 Dancing, lunch room  
11:45 LUNCH MENU  
*Spaghetti w/ Meat Sauce*  
Marinated Salad  
Sautéed Fresh Broccoli  
100% Fruit Juice  
2:00 Newcomers' Group

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11:00 CSA Information + Referrals  
11:45 LUNCH MENU  
*Breaded Cod*  
Corn Chowder  
Whole Grain Roll  
Sautéed Asparagus  
Oven Browned Potatoes  
Orange  
1:00 Movie, Crazy Heart

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10:00 Podiatry Screening  
10:30 Line Dancing, lunch room  
11:45 LUNCH MENU  
*BBQ Chicken*  
Pasta Salad  
Cauliflower & Carrots  
Apple  
12:45 Bingo, lunch room  
2:00 Senior Advisory Committee Meeting

26

10:30 Dancing, lunch room  
11:45 LUNCH MENU  
*Salmon Stuffed Boats*  
Couscous  
Swiss Chard  
Baked Tomato  
Peaches

27

9:15 Eyeglass Repair  
11:45 LUNCH MENU  
*Boneless Pork Chop*  
Vegan Split Pea Soup, Whole Grain Muffin, Garden Salad  
Tangerine and Oatmeal Cookie  
1:00 HICAP  
1:00 Movie, The Young Victoria

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10:30 Line Dancing, lunch room  
11:45 LUNCH MENU  
*Chop Suey w/ Pork*  
Fried Brown Rice  
Chilled Broccoli Salad  
Fresh Fruit  
12:30 Alzheimer's Screening  
12:45 Bingo, lunch room

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Thu

Fri

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8:30 Notary Service  
11:45 LUNCH MENU  
*Baked Fish w/ Seasonings*  
Whole Grain Roll  
Seasoned Broccoli  
Sweet Potatoes  
Fresh Fruit  
12:00 SUMMER PICNIC!  
1:00 SALA Appts

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10:30 Dancing, lunch room  
10:30 Blood Pressure  
11:45 LUNCH MENU  
*Chicken Noodle Soup*  
Green Salad  
Squash  
Whole Wheat Roll  
Cantaloupe  
1:00 Movie, Precious

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10:00 VTA Cards  
10:30 'bout Time Bluegrass Band in the lunch room  
11:45 LUNCH MENU  
*Chicken Cordon Bleu w/ Ham*  
Pesto Pasta  
Green Beans  
Garden Salad  
Mandarin Oranges

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10:30 Dancing, lunch room  
10:30 Blood Pressure  
11:45 LUNCH MENU  
*Chinese Pepper Steak*  
Brown Rice  
Oriental Vegetables  
Spinach  
Banana  
1:00 Movie, It's Complicated

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11:45 LUNCH MENU  
*Spinach Salad & Black Bean Soup*  
Hard Boiled Egg  
Whole Grain Muffin  
Vanilla Yogurt w/ Bananas  
1:00 SALA Appts  
1:00 WORKSHOP: Hiring Help at Home

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10:30 Dancing, lunch room  
10:30 Blood Pressure  
11:45 LUNCH MENU  
*Szechwan Chicken*  
Brown Rice  
Sautéed Cabbage  
Green Salad  
Pineapple  
Birthday Cake  
1:00 Movie, Coco before Chanel

22

11:15 Good Fats vs. Bad Fats presentation, lunch rm  
11:45 LUNCH MENU  
*Stuffed Cabbage*  
Brown Rice w/ Baked Veggies, Feta  
Cheese and Cherry Tomatoes  
Fruit  
1:00 WORKSHOP: Managing the Troublesome Gut

23

10:30 Dancing, lunch room  
10:30 Blood Pressure  
11:45 LUNCH MENU  
*Egg Frittata*  
Whole Grain Muffin  
Salad  
Three Bean Salad  
Sugar-Free Jello w/ Pineapple  
1:00 Movie, Crazy Heart

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10:30 Dancing, lunch room  
11:45 LUNCH MENU  
*Spinach & Cheese Tortellini w/ Tomato Sauce*  
Hard Boiled Egg, Potato Salad  
Baked Eggplant and  
Mandarin oranges  
1:30 WORKSHOP: Genealogy Part II

30

10:30 Dancing, lunch room  
10:30 Blood Pressure  
11:45 LUNCH MENU  
*Sesame Orange Chicken*  
Brown Rice  
Green Salad  
Orange  
1:00 Movie, The Young Victoria

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## Chicken Scampi II

### INGREDIENTS:

1/2 cup butter  
1/4 cup olive oil  
1 teaspoon dried parsley  
1 teaspoon dried basil  
1/4 teaspoon dried oregano  
3 cloves garlic, minced  
3/4 teaspoon salt  
1 tablespoon lemon juice  
4 boneless chicken breast halves, sliced lengthwise into thirds

### DIRECTIONS:

In a skillet heat the butter or margarine and oil over medium high until the butter/ margarine melts. Add the parsley, basil, oregano and garlic and salt and mix together in the skillet. Stir in lemon juice.

Then add the chicken and sauté for about 3 minutes or until white. Lower the heat and cook for about 10 to 15 minutes or until chicken is cooked through and the juices run clear. More butter/margarine can be added if needed.

**Prep Time:** 5 Minutes  
**Cook Time:** 20 Minutes  
**Ready In:** 25 Minutes

